



CARNOUSTIE CLAYMORES

Carnoustie Claymores Amateur Swimming Club based in Carnoustie Angus

SEPTEMBER 2018 NEWSLETTER

Club Update

The September Newsletter is to give parents and swimmers an update on some of the things which the Club have been doing this year as well as some important information for swimmers happening later this year.

SwiMark Plus

We are delighted that the Club has been awarded SwiMark Plus accreditation. The Scottish Swimming accreditation scheme aims to ensure that clubs can develop a safe, effective and child friendly environment based on good practice, can improve swimmers, teachers, coaches and volunteers and can encourage lifelong participation through sustainable swimming development pathways.

SwiMark Plus is the highest level of accreditation awarded to swimming clubs and we are extremely proud to have achieved this. The presentation took place in September where our Scottish Swimming Regional Development Manager, Sean Dawson presented the SwiMark Plus Certificate to Scott Robertson, Club President in front of swimmers, coaches, poolside helpers and Committee members.

Very well done to everyone in the Club whose efforts made this possible and in particular to those who prepared all the information and material required to submit to Scottish Swimming to meet the high standards required to achieve SwiMark Plus.



Poolside Helpers

Linda and Claire have run two Poolside Helper Courses which provides volunteers with the knowledge, skills and understanding to assist on poolside at Club training sessions. The course is practical based learning and is aimed at developing and supporting the swimmers and club.

Looks like we have a number of potential Club coaches for the future!



Judge 1 Training Course

Midlands District is in the process of arranging Judges training courses for any STO's wishing to progress from their current role. We already have several timekeepers who have submitted forms for Judge 1 courses and thanks go to them for their continued commitment to the Club.

The Judge 1 course is open to all registered timekeepers, ideally with a full poolside record of their timekeeping duties although this is not essential for those who have been timekeepers for some time.

If you are interested in progressing as a volunteer STO, particularly as Judge 1 or 2, and would like to be kept informed of upcoming courses please contact Romi - rsains@carnoustieclaymores.com as soon as possible.

CLUB IMPROVEMENTS

This year we have added a significant amount of new equipment to improve the training facilities and opportunities for our swimmers.

We now have 4 x starting blocks, new lane ropes, backstroke wedges to improve starts and a new container to increase the storage for all the equipment we use for training and the general running of the Club.

Our thanks must go to all those who have provided grants and donations and subscribed to our fundraising events which has allowed us to make these significant improvements for the swimmers



Upcoming Events

Watch out for a special announcement which will be coming soon



Club Championships - Saturday 24 November 5.00pm to 8.30pm

The Club Championships to which all members are invited to attend. A fun evening of friendly competition between club swimmers. Entries will be invited in due course but meantime - just save the date



Christmas Panto Outing

A Christmas outing has been arranged for swimmers to see the Pantomime, Dick Whittington at the Whitehall Theatre, Dundee on Friday 14th December 2018. There are limited tickets still available and anyone wishing to reserve these or requiring any further information should contact Jenny - jennyc@carnoustieclaymores.com



October Holiday Training

Carnoustie High School

Monday 1st - Friday 5th October
Monday 8th - Friday 12th October

9.30-10.30 - Bronze 2, Black, Red & Red T

10.30-11.30 - Bronze 1, Silver & Gold, Green

There will be no Strength and Conditioning sessions during the holidays.

Swimmer Assessments

The next Swimmer Assessments will commence on Monday 12 November 2018 after which parents will receive a Swimmer Progress Report.

Club Shop

Last Orders this Year

We are hoping to do both a personalised cap order and our final swimwear/club kit order of the year in November.

Keep a lookout for emails with last order dates